

What is claimed is:

1. A method for preventing or treating motion sickness comprising administering to a subject an effective  
-5 amount of a halogenated pheniramine to decrease the signs or symptoms of motion sickness.

2. The method of claim 1, wherein the halogenated pheniramine comprises chlorpheniramine, brompheniramine or  
10 enantiomers thereof.

3. The method of claim 1, wherein the halogenated pheniramine is administered orally or topically.